

SELF CARE

Healthy Eating and Cooking Techniques Guide

Healthy cooking doesn't mean that you have to become a gourmet chef or invest in expensive cookware. Simply use basic cooking methods to prepare foods in healthy ways.

These cooking techniques offer ways to best capture the flavor and nutrients from your food without adding excessive amounts of fat or salt. Once you've mastered these techniques, use them often to prepare your favorite dishes.

Baking

Besides breads and desserts, use this method to cook uniform-sized pieces of vegetables, fruit, seafood, and poultry or lean meat. Place food in a pan or dish surrounded by the hot, dry air in your oven. You may cook the food covered or uncovered. Baking generally doesn't require that you add fat to the food.

Braising

This method involves browning the ingredient first in an open or covered pan on top of the stove, and then slowly cooking it with a small quantity of liquid. In some recipes, the cooking liquid is used afterward to form a flavorful, nutrient-rich sauce.

Enhancing

Creating meals using spices and herbs is one of the best ways to add color, taste and aroma to foods. Choose fresh herbs that look bright and aren't wilted. Add them toward the end of cooking. Add dried herbs in the earlier stages of cooking. When substituting dried for fresh, use about one-third the amount.

Prevention Partners has a low-fat cookbook for the price of \$5.25. The 82 page low-fat cookbook provides a variety of delicious and healthy low-fat recipes, along with nutritional information for each recipe.

Low-Fat Cookbook Order Form

Please Print

Name: _____ Price: **\$5.25** (Price Includes Tax)

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Work Telephone: _____ Home Telephone: _____

E-mail: _____

Make check payable to Employee Insurance Program (EIP). Do not send cash.

Mailing Address: Prevention Partners, 1201 Main Street – Suite 830, Columbia, SC 29201

The State Health Plan
PREVENTION PARTNERS
SOUTH CAROLINA BUDGET AND CONTROL BOARD
EMPLOYEE INSURANCE PROGRAM
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